

camping cookery



standuponit
 [standuponit](#)

<https://standuponit.livejournal.com/>
2010-08-25 16:33:00



LOCATION: utah, baby

MOOD: 😊 refreshed

MUSIC: Aimee Mann - The Moth

You want to burn some calories? I recommend hiking [sixteen miles in knee-deep water.](#) (https://www.livejournal.com/away?to=http%3A//www.utah.com/nationalparks/zion/zion_narrows.htm)

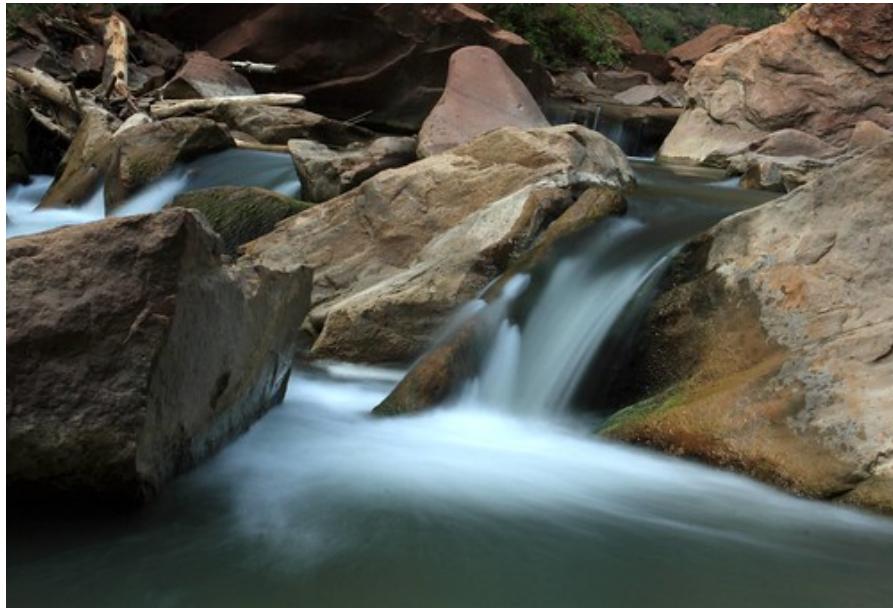
Gorgeous, though.



(<https://www.livejournal.com/away?to=http%3A//www.flickr.com/photos/39195806%40N04/4851252468/>)



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to=http%3A//www.flickr.com/photos/39195806%40N04/4851248608/](https://www.livejournal.com/away?to=http%3A//www.flickr.com/photos/39195806%40N04/4851248608/))



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Last night's supper (after I got back to my camp) was a ginormous pot of whole-wheat angel-hair pasta with a sauce made of tomatoes, cream, garlic, onions, basil, and a small amount of sausage. (The cream was the sterilized no fridge kind; I cooked the sausage in advance and kept it on ice with the tomatoes and basil).

This morning's lunch was an equally enormous pot of red and wild rice with a couple of cans of tuna mixed in, dressed with a tiny bit of butter and some lime juice, served over salad greens.

I'm back to modifying my diet, trying to up the complex carbs and lower the protein and fat. And still eat things I like.

Fortunately, one of the things I like is oatmeal. At least for now.



[Random holiday cookie recipe is random.](#)

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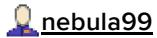
[Away with the dull drudgery of workaday tidy waves!](#)

I believe this is a significant advance in pot pie technology. Make your pie crust. Par-cook

[As easy as-- no, really.](#)

I was talking about the chicken pot pie I was making on Twitter, and it turns out, a lot of people

10 comments



[nebula99](#) [August 25 2010, 20:51:34 UTC](#) [COLLAPSE](#)

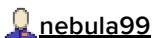
Those pictures are gorgeous! Especially the last one - the water looks like some kind of metal sculpture.

Your supper sounds like a perfect camping meal - was it in one pot?



[standuponit](#) [August 25 2010, 20:54:11 UTC](#) [COLLAPSE](#)

Well, no, because the water for boiling the pasta would have made the sauce kind of watery. :-) But everything else was in one pot.



[nebula99](#) [August 25 2010, 21:00:43 UTC](#) Edited: [August 25 2010, 21:08:55 UTC](#) [COLLAPSE](#)

I was wondering if you made the sauce with the cooked pasta (if that makes sense), or if it had to be cooked separately. I'm not all that adventurous with cooking when I'm camping, but there are only so many times you can eat fish and chips. We use a trangia, so everything has to be one pot at a time, unless we get another stove, and washing up on a campsite can be a PIA, so I'm always interested in one-pot solutions.



[jennygadget](#) [August 25 2010, 21:52:01 UTC](#) [COLLAPSE](#)

I can't decide if I adore you for brightening my day with pretty pics, or hate you for teasing me with something I can't have at the moment.

Either way, I'm glad you are having fun.

 [cjtremlett](#)

[August 25 2010, 22:17:01 UTC](#) [COLLAPSE](#)

I don't know if I could, but I'd be willing to try hiking 16 miles in knee deep water for views like that! I might even be able to do it if I could take as much time as needed.



 [labelleizzy](#)

[August 25 2010, 23:03:12 UTC](#) [COLLAPSE](#)

oh goodness, gorgeous photos!

is envious

 [rekre8](#)

[August 25 2010, 23:09:07 UTC](#) [COLLAPSE](#)

I did an out-n-back in zion one year, and got out of the canyon just before the rain hit. During the wade, we could see every rock we were about to stub our toes on - the water was that clear. After the rain, and all the sand and sage was washed down the canyon, the water was the color of chocolate milk.

<http://photo.fx4.net/parks/sw/zion/>

 [antongarou](#)

[August 26 2010, 17:14:53 UTC](#) [COLLAPSE](#)

Love the photos!What are your thoughts of Majadra(rice and lentils)?



 [standuponit](#)

[August 26 2010, 17:24:45 UTC](#) [COLLAPSE](#)

I like them?

 [antongarou](#)

[August 26 2010, 17:27:11 UTC](#) [COLLAPSE](#)

I thought about that since it's a way to eat more complex carbs and I wasn't sure how familiar you are with ME cuisine. There's lots of stuff like that there- especially in the Lebanese kitchen IIRC.

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